



A PUBLICATION OF THE STONEHAM SENIOR CENTER

Stoneham Sentinel

JUNE 2019

136 Elm Street, Stoneham, MA 02180 - www.StonehamSeniorCenter.org
781-438-1157 781-438-1161 781-279-4904 (fax)



Program Highlights:

ARTMATTERS: PABLO PICASSO

Able to change his style so completely, you may say "I didn't know Picasso did that!" Join us for this eye-opening discussion of the varied expressions of this man at the heart of modern art Page 3

DELVINA THEATER: Entertaining presentation on the lives of Ann Landers and Abigail Van Buren Page 3

NUTRITION PRESENTATION: MVES dietician describes various sugar substitutes and healthy sugar options Page 3

STONEHAM CHORALE SPRING CONCERT: Page 3
Always a favorite annual event at the Center. Please come to this free entertaining performance by the Stoneham Chorale. Page 3

TWO NEW ART CLASSES

Susan McFarlane is offering a a six-week water color art class as well as a two-session Zentangle class. See details Page 3

MUSIC OF WORLD WAR II You'll be tapping your toes and humming along to these familiar tunes of a part of our history ...Page 3

PLANNING FOR MEDICARE Blue Cross/Blue Shield representative will help you navigate the waters of Medicare options Page 8

FLAG DAY ICE CREAM SOCIAL Enjoy a summer social with a patriotic flair! Page 3

The Tri-community Greenway, a 6.63 mile trail connecting Stoneham, Woburn and Winchester is complete! Join Senator Jason Lewis for the official **Ribbon Cutting Ceremony** Saturday June 15 @10 am at Pomeworth Field between Pomeworth and Pleasant. Refreshments to be served.



**Welcome Back
Stoneham Farmer's Market
Opening June 6th at the
Town Common 2:30-6:30!
All vendors accept SNAP, HIP**



SENIOR CENTER ANNOUNCEMENTS:

YOU WON! Congratulations to PAULA MCINTYRE, winner of Exercise Bingo for the month of April. Bingo cards are still available at the Center so come grab one and join our fitness classes.

THANK YOU TO OUR GENEROUS DONORS!

- * In Memory of Therese Gregory
Winnie Silk
- * In Honor and Memory of Frances Barnholtz, Geneva Furlong, Helen Norman this Mother's Day
Emily Norman
- * In Memory of Henry Fountain
JanTurner
Carole O' Leary
Rose Bryce and Madeline Lupo
- * Anonymous

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MELD, Inc. is a local community foundation focused on educational and cultural programs in Stoneham. Programs supported by MELD are indicated by the organization's logo.



THE SENIOR CENTER FRIENDS OF STONEHAM is a nonprofit corporation formed in 2010 for the purpose of funding education, social services and programs offered at the Senior Center. Programs supported by the Friends are indicated with the handshake logo.



Like us on Facebook
www.facebook.com/StonehamSeniorCenter

The mission of the Stoneham Council on Aging is to provide outstanding services with kindness, respect and dignity and to offer outreach services for social, nutritional, medical issues and other unmet needs of Stoneham Seniors.

GOINGS ON AT THE CENTER

Let's look back at some of the events that happened at the Senior Center this past month!



When Spring makes a comeback at the Senior Center, so does bocce!

Students at Mass College of Pharmacy provided great information as well as a health menu to the attendees of the monthly men's breakfast!



Gary Leannus serenades Jan Turner at the Spring Dance!

ARTS & ENTERTAINMENT

ARTMATTERS: PABLO PICASSO

Tuesday, June 4, 1 PM, free - Whether you swear at him or by him, come hear why Picasso was undeniably the most successful and influential artists of the 20th Century.



STONEHAM CHORALE SPRING CONCERT

Sunday June 2 at 2:30 pm, free - Enjoy the wonderful acoustics of the Senior Center with the music of the Stoneham Chorale Singers; led by director Tudor Bota.



FLAG DAY ICE CREAM SOCIAL

Friday June 14, 1-3 pm Don't miss this summer's first ice cream social with all the fixings and celebrate Flag Day with patriotic music performed by our own Stoneham Senior Center member, Jane Francis! Sign up at the front desk!



MUSIC OF WORLD WAR II

Monday, June 10 This free patriotic presentation explores the stories behind the songs, their names, and the war effort itself. As you would expect there are lots of audio and video clips to remember and enjoy. This program will include: Boogie Woogie Bugle Boy, GI Jive, Smoke on the Water, There's a Star-Spangled Banner Waving Somewhere, The White Cliffs of Dover and When the Lights Go on Again.



WATERCOLOR, 6 WEEK SESSION

Monday 1-3 pm, June 3, 10, 17, 24, July 1-8 \$65 includes materials. Paint from photo, explore negative painting, watercolor or other techniques. Fee due to instructor first day of class, max enrollment 12.

ZENTANGLE

Mondays 1-3 pm July 15, 22 \$10/class materials included; fun, relaxing abstract style. No drawing skill required!



DELVINA THEATER PRESENTS

Friday June 21 at 1:00pm! \$3

Edutainment program Ann and Abby
Celebrate the 100th birthday of the twins, Ann Landers and Dear Abby. How did two fifties era Iowan housewives, who performed songs by the Andrews Sisters and were married on the same day, become two of the most influential advice columnists of all time! Thanks to our Friends Group for sponsoring



CRAFTS, MOVIES & GAMES

Craft Group - Join the gang on Mondays, 10am.

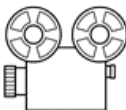
Chair Caning - Every Tuesday from 9-11:30am.

Knitting & Crocheting - Join Rona and friends on Wednesdays from 10am-Noon.

Painting - Painting with Howard. Thursdays at 9:30am. Bring your own project and supplies.

MOVIE AND PIZZA

Every Thursday at 12:30pm; \$2/person. Enjoy a movie and pizza at the Senior Center. Thanks to **Andrea's House of Pizza** at 498 Main Street (781) 438-4274 for the weekly donation of "EXTRA ORDINARY" pizza!



6/2 Green Book (Drama) Viggo Mortensen, Mahershala Ali; African-American jazz pianist travels in the Deep South in 1962

6/13 *NOTE start time for today is 1:30*

The Eddy Duchin Story (Documentary), Tyrone Power, Kim Novak; Famed pianist and bandleader biopic

6/20 Salt (Mystery) Angelina Jolie, Lieke Martens; Is she a CIA agent or a Russian spy?

6/27 Night and Day (Classic Biography) Cary Grant, Alexis Smith; Legendary tunesmith Cole Porter..



CARDS AND GAMES

Cribbage Group	Mon & Fri 10 AM
Men's Cards	Tu & Th 12:45 PM
Mahjong	Tues 12:30 PM
Wii Bowling	Wed 9:00 AM
Bingo	Wed 1 PM
BB Bridge	Wed 12:30 PM
Canasta Hand & Foot	Fri 10 AM
Board & Card Games	Fri 10 AM

GOOD TO KNOW!

NUTRITION PROGRAM: SUGAR SUGAR!

Thursday June 20 11:00 am Candace Quigley, RD, of Mystic Valley Elder Services will be talking about types of sweeteners, sugar content of foods, and the health effects of high consumption of added sugars. Please sign up at the front desk.

UNDERSTANDING THE BASICS OF MEDICARE

June 18, 3 pm Planning for Medicare Countdown to 65 is for people approaching Medicare eligibility, whether they'll be continuing to work or retiring. This seminar simplifies Medicare options for people who might be choosing a health plan for the first time without an employer's assistance. Included in this discussion is a Medicare overview, including Parts A, B and C, Medicare enrollment timeline, and Medigap plans that help supplement Medicare coverage. The goal is to simplify Medicare and related products, alleviate concerns and confusion, and help you choose the right plan for you. Heather Hurd from Blue Cross-Blue Shield will be presenting and answering your questions. Sign up at the front desk!



BRAIN FOODS from Eileen Jones of Brain Games

Enjoy these items for good brain health!

avocados
blueberries
beets
broccoli
celery
coconut oil
dark chocolate
bone broth



FREE BLOOD PRESSURE CLINIC

6/6 10-11 Stoneham Board of Health

6/13 11:30-12:30 Additional Care

6/27 1:30-2:30 Hallmark VNA and Hospice



MEN'S & WOMEN'S HAIRCUTS With/SIS

The Barber Shop is open on Monday mornings, 9AM- 12:30PM. Haircuts are \$10 at the Senior Center. Walk-ins welcome!

MEMORY CAFÉ—STONEHAM COA

Monday, June 3 4-6 pm at Fusilli's Cafe, 107 Main Street, Reading Join the Stoneham Council on Aging for this free, open, and welcoming event for caregivers and their loved ones with dementia. Enjoy dinner, salad, and soda while connecting with others in the community. RSVP by calling the Senior Center at 781-438-1157. We are grateful to the Rotary of Stoneham for sponsoring this event.

MEMORY CAFE – READING COA

Monday, June 10 10am-12pm

Join the Reading Council on Aging at Reading Public Library (64 Middlesex Ave) in Reading for a Memory Café. This is a free, open, and welcoming event for caregivers and their loved ones living with memory loss. This month will feature "Drumming with Time Kane" RSVP at 781-942-6659.

CAREGIVER SUPPORT GROUP

Thursday, June 6 and 20 10am

Are you a family member caring for a loved one with Alzheimer's or related dementia? Join us at the Center for Education and Support with Kathy Learned of Mystic Valley Elder Services. This program will run on the first & third Thursday of every month at the Senior Center. Please sign up at the Center.

SURVIVING LOSS AFTER 60

Meets the first and third Tuesday every month from 10-11:30 Hallmark Health VNA and Hospice 178 Savin St, 3rd floor, Malden. No fee but registration is required. Please call Judy Seifert at 781-338-7861.

CHAIR MASSAGES

Thursday, June 13 11am-1pm, \$5

There are chair massages on the second Thursday of the month from 11am-1pm! Each massage will be 15 minutes with the goal to help alleviate stress and pain. Sign up for a time slot at the Center or drop by and check for any openings.

PARKINSON'S SUPPORT GROUP -STONEHAM

Tuesday, June 4 1:00 pm

This peer-led Parkinson's Disease Support Group meets on the first Tuesday of each month.

PARKINSON'S SUPPORT GROUP- READING

Wednesday, June 12 1:30-2:30pm, Reading Senior Center, 49 Pleasant St, Reading, MA

This group meets on the second Wednesday of each month, 1:30-2:30 pm. Contact Kathy Hill at (781) 608-0557 for more information.

DAILY LUNCH WITH SENIOR FRIENDS!

Join us Monday, Wednesday, and Friday at noon for a nutritious hot lunch provided by Mystic Valley Elder Services. Boxed lunch is available Tuesday and Thursday. Call to reserve your meal by noon the previous business day at (781) 438-1157. Look for the daily menu within the calendar on page 6. A \$2 donation is recommended.

Is Your Birthday in June? If so, join us for your FREE birthday lunch and cake at noon on June 28th. Don't forget to call and reserve your meal by noon on the 27th!

Coffee & Conversation Every Monday & Friday at 9:30AM Join us for lively conversation and goodies.

All are welcome!

Men's Breakfast Join us for hot delicious breakfast and great conversation. June 5 and June 19, 8 AM.



Thank You to Our Generous Donors

DONATION FORM

YES! I WANT TO HELP SUPPORT THE SENIOR CENTER.

Please make checks payable to: Stoneham Senior Center, 136 Elm Street, Stoneham MA 02180.

My donation in the amount of \$_____ is enclosed.

Name: _____

Address: _____

City _____ State: _____ Zip _____

Phone: _____ Email _____

____ Check here if you do not wish your \$10 or above donation to be listed in the Sentinel.

Donation made (select one)

____ for the Stoneham Senior Center ____ In memory / honor of _____

If you would like for us to send an acknowledgment of your honorary or memorial gift, please add recipients name/address below:



Mystic Valley Elder Services (MVES) is a nonprofit agency which partners with elders, adults living with disabilities, and caregivers residing in Stoneham and surrounding towns. They help you find what you need to live the way you want.

MVES works one-on-one with adults 60+ and adults of all ages living with disabilities to connect you to services that support your health, well-being, and independence. They provide care management, coordinate services and refer you to appropriate healthcare and home care providers. Many of the services are free or low-cost, depending on your income. For more information, give them a call at 781-324-7705.

FYI from our Outreach Coordinator:

There has been much information about the need to exercise your body. Did you know that it is also important to exercise your mind? Remember the old saying "use it or lose it"? Some researchers believe that this applies to the brain as well. The brain is able to adapt and change even as we grow older. Learning new things can help make the brain stronger and more adaptable to change.

Trivia and Brain Games are two ways that increase your memory and cognition. Some of the benefits of playing trivia and brain games are helping relieve stress of daily routine, expanding players' general knowledge, promote socialization.

Come join in for a fun, challenging and competitive activity.. Brain Games meets Mondays at 12:45 twice monthly and Trivia group meets Tuesdays at 1:30 twice monthly. Open to all, no experience required!~

Mary Zatta, Outreach Coordinator



FROM THE BARGAIN BARN

Thanks to all who turned out for the grand opening and helped make it a great success. We're open every Thursday through the summer from 10am-2pm with yet to be discovered treasures for the thrifty shopper!

We are grateful for clean, gently used goods: costume jewelry, watches, antiques, lamps, picture, handbags, unopened puzzles, knick-knacks, craft supplies, books, DVD movies, music CDs, small furniture, hand tools (not power), mirrors, small gardening tools in good condition. Proceeds go directly back into the Senior Center to fund many of our well-loved programs.

Come in and find a treasure of your own!

ASK THE NURSE

I am scheduled to have surgery soon and will be hospitalized for a few days. I am nervous about being in the hospital. Should I be?

I am sure Dear Reader that you will be in good hands and I understand your concerns. As you know hospital visits and admissions have become more frequent and overall health status can decline as a result. Although hospitalization is often necessary for seniors, it is not always free of risk. Episodes of confusion is a common feature in hospitalized elderly. Even though confusion is typically reversible, it can sometimes linger. This confusion can be the effect of the medical illness itself also being in an unfamiliar environment, noisy and brightly lit hallways and rooms during the night, frequently being woken at night time for blood draws and vital signs and of course some medication for pain and sedation can alter thoughts and mental judgment.

Not to discourage you but other potential problems of hospitalization of seniors could include hospital related infections, side effects from medication and procedures, interaction between home medications and new hospital drugs and of course potential falls.

Although there are many problems that seniors may encounter both in and out of the hospital, understanding the problems and then forming a plan to address them is the first step in making your senior years still productive and enjoyable. Seniors should consider finding a Geriatrician who has special training in the care of seniors to help manage their medical problems and concerns.

When you are in the hospital you may wonder where your regular doctor is and why are you being seen by a hospitalist. What is that all about! Hospitalists are board certified internal medicine physicians who see the majority of hospitalized patients on behalf of their regular doctor. Hospitalists play a key role in the medical care of patients in hospitals and they are also critical to the medical care of seniors. Upon discharge from the hospital, the medical care is transferred back to your PCP on an outpatient basis. It is also important to note that because hospitalists are physically in the hospital most of the time they are more readily available to address urgent situations and to spend time discussing care plans with patients and families.

Dear Reader, I hope this was informative and helpful. Now relax; you will be fine and home before you know it. Go have that nice cup of tea.



FREE HEARING CLINIC WITH APEX HEARING CARE

Wednesday, June 19, 12 pm. Sign up for a Free Hearing Screening or a check of existing hearing aids. Call (781) 438-1157 for an appointment. Call (781) 872-1222 if you have questions.

BRAIN GAMES

Monday, June 3 and 17, 12:45pm Have a good time while working your memory, problem solving, and language skills with fun brain games, every other Monday right after lunch. Please join us - no sign ups necessary!

TIMELESS TRIVIA

Tues. June 11 and 25 at 1:30pm
Join us for coffee, snacks, prizes, and themed trivia games. Sign up at the front desk.

JULY		
Monday	Tuesday	Wednesday
<p><u>WHY IS GOOD NUTRITION IMPORTANT FOR SENIORS?</u></p> <p><i>Eating a well-balanced diet is an important part of staying healthy as you age. It can help you maintain a healthy weight, stay energized, and get the nutrients you need. It also lowers your risk of developing chronic health conditions, such as heart disease and diabetes</i></p> <p>See Meal Site Manager for sodium & calorie details.</p>		<p>THE RECOMMENDED FIBER</p> <p>The bountiful benefits</p> <p>of colon cancer. When i system. Don't eat all of • Promotes bowel regul through the digestive tra • Try whole grains like v with brown rice. • Eat hi • Eat romaine lettuce on</p>
<p>3</p> <p>HOT: Greek chicken COLD: Tuna salad sandwich</p> <p>8:30 Sorenson Aerobics 9 Haircuts 9:30 Coffee & Conversation 9:45 Zumba 10 Cribbage; Craft Group 11 Balance & Coordination 12:45 Brain Games</p>	<p>4</p> <p>Box lunch available: Turkey and Swiss sandwich</p> <p>9 Chair Caning 9: Sorenson Aerobics B/G Club Stoneham 9-11 SHINE 12:30 Mah-Jongg 12:45 Men's Cards</p>	<p>HOT: Lentil Stew (V) COLD: Roast beef & American c</p> <p>8:30 Sorenson Aerobics 8:30 Walking Club 10: Bocce 10 Knit/Crochet 11 Zumba 11:45 Seated Zumba 11-2 SHINE 12:30 BB Bridge 1 Bingo 2:15 Advanced Tai Chi</p>
<p>10</p> <p>HOT: Creole fish with rice COLD: Turkey with American cheese sandwich</p> <p>8:30 Sorenson Aerobics 9 Haircuts 9:30 Coffee & Conversation 9:45 Zumba 10 Cribbage; Craft Group 11 Balance & Coordination</p>	<p>11</p> <p>Box lunch available: Roast beef and Swiss sandwich with pasta salad</p> <p>9: Chair Caning 9 Sorenson Aerobics Town Hall 9-11 SHINE 12:30 Mah-Jongg 12:45 Men's Cards</p>	<p>HOT: Swedish meatballs COLD: Vegetarian chef salad</p> <p>8:30 Sorenson Aerobics 8:30 Walking Club 10 Knit/Crochet 10 Bocce 11 Zumba 11:45 Seated Zumba 11-2 SHINE 12:30 BB Bridge 1 Bingo 2:15 Advanced Tai Chi</p>
<p>17</p> <p>HOT: Aloha chicken with potatoes COLD: Egg salad sandwich (V)</p> <p>8:30 Sorenson Aerobics 9 Haircuts 9:30 Coffee & Conversation 9:45 Zumba 10 Cribbage; Craft Group 11 Balance & Coordination</p>	<p>18</p> <p>Box lunch available: Salmon Caesar Salad</p> <p>9: Chair Caning 9 Sorenson Aerobics Town Hall 9-11 SHINE 12:30 Mah-Jongg 12:45 Men's Cards</p>	<p>HOT: Bean and Kale stew (V) COLD: Chicken salad sandwich</p> <p>8:30 Sorenson Aerobics 8:30 Walking Club 10 Knit/Crochet 10: Bocce 11: Zumba 11:45 Seated Zumba 11-2 SHINE 12:30 BB Bridge 1 Bingo 2:15 Advanced Tai Chi</p>
<p>24</p> <p>HOT: Teriyaki salmon strips COLD: Ham and Swiss cheese sandwich</p> <p>8:30 Sorenson Aerobics 9 Haircuts 9:30 Coffee & Conversation 9:45 Zumba 10 Cribbage; Craft Group 11 Balance & Coordination</p>	<p>25</p> <p>Box lunch available: Roast Beef and Swiss cheese sandwich</p> <p>9: Chair Caning 9 Sorenson Aerobics Town Hall 9-11 SHINE 12:30 Mah-Jongg 12:45 Men's Cards</p>	<p>HOT: Beef stew COLD: Chicken breast over g</p> <p>8:30 Sorenson Aerobics 8:30 Walking Club 10 Knit/Crochet 10 Bocce 11: Zumba 11:45 Seated Zumba 11-2 SHINE 12:30 BB Bridge 1 Bingo 2:15 Advanced Tai Chi</p>

DIETARY INTAKE FOR WOMEN OVER 50 YEARS OF AGE IS 21 GRAMS A DAY, AND FOR MEN OVER 50 YEARS OLD IS 30 GRAMS A DAY.
of eating fiber Fiber increases the feeling of fullness which helps control appetite and weight and decreases the risk of heart disease. Increasing fiber in your diet, make sure you do so gradually and drink plenty of water to keep it moving through your system. Eat your fiber for the day in one sitting; spread it out throughout the day.
 • Increases satiety & prevents constipation • Reduces the symptoms in some digestive disorders • Decreases the transit time of food through the digestive tract
GET MORE FIBER by • Use whole grain flour when baking. • Eat fruits and vegetables with their skins still on. • Choose whole wheat, corn, or oats. • Substitute legumes (beans or peanuts) for meat a few times a week • Replace white rice with brown rice. • Add high fiber cereal for breakfast or add fruit to your cereal in the morning. • Snack on popcorn instead of potato chips. • Choose spinach instead of iceberg.

Cottage cheese	5	6	7
	Box lunch available: Cottage cheese fruit plate with pasta salad 8:30 Sorenson Aerobics 9:30 Painting 10 Line Dancing 12 Flexibility & Strength 12:30 Movie & Pizza 12:45 Men's Cards 1:15 Chair Yoga		HOT: American chop suey COLD: Curry chicken salad sandwich 8:30 Sorenson Aerobics 9:30 Coffee & Conversation 9:45 Gentle Yoga 10 Cribbage 10 Canasta 12:45 Take a seat chair yoga 1 Board & Card Games
and (V)	12	13	14
	Father's Day Special Beef tips in mushroom gravy 8:30 Sorenson Aerobics 9:30 Painting 10 Line Dancing 12 Flexibility & Strength 12:30 Movie & Pizza 12:45 Men's Cards 1:15 Chair Yoga		HOT: Hot dog and beans COLD: Chicken salad sandwich 8:30 Sorenson Aerobics 9:30 Coffee & Conversation 9:45 Gentle Yoga 10 Cribbage 10 Canasta 12:45 Take a seat chair yoga 1 Board & Card Games 1 Walmart Shopping
Yi ch	19	20	21
	Box lunch available: Roast beef and provolone sandwich 8:30 Sorenson Aerobics 9:30 Painting 10 Line Dancing 12 Flexibility & Strength 12:30 Movie & Pizza 12:45 Men's Cards 1:15 Chair Yoga		HOT: Beef stuffed pepper COLD: Chef salad with turkey 8:30 Sorenson Aerobics 9:30 Coffee & Conversation 9:45 Gentle Yoga 10 Cribbage 11 Canasta 12:45 Take a seat chair yoga 1 Board & Card Games
Garden salad	26	27	28
	Box lunch available: Turkey and Swiss cheese sandwich 8:30 Sorenson Aerobics 9:30 Painting 10 Line Dancing 12 Flexibility & Strength 12:30 Movie & Pizza 12:45 Men's Cards 1:15 Chair Yoga		HOT: Meatloaf with gravy COLD: Tuna salad sandwich 8:30 Sorenson Aerobics 9:30 Coffee & Conversation 9:45 Gentle Yoga 10 Cribbage 10 Canasta 12:45 Take a seat chair yoga 1 Board & Card Games

With Appreciation for Henry Fountain

Please join us on
Wednesday, June 12 @10am
for a tribute
to our beloved friend and co-worker
Henry R Fountain
(Chez Henri)



Smiling and pleasant, Henry always enjoyed food, friends, and fun!

No one served up a meal like Henry. In his kitchen is where he could be found every day, music playing while he prepared for lunch service. He was diligent and careful to make sure the dishes were always served at the right temperature!

And no one ever left hungry!



GOVERNMENT

STATE SENATOR JASON LEWIS

Holds office hours at the Center every month on the 2nd Monday. Please visit June 10 at 12PM.

STONEHAM COUNCIL ON AGING

Board of Directors meet on the third Tuesday, June 18 3PM at the Center. Meetings are open to the public.

RESOURCES

ATTORNEY FOR SENIORS

Free legal assistance is available for seniors once per month. Attorney Susan Mooney will visit the Senior Center on June 10 Call (781) 438-1157 for an appointment.

VETERANS SERVICES

Stoneham Veterans Agent James Devlin is available at the Senior Center Monday through Friday from 8AM-4PM. Veterans who need assistance with their benefits, i.e. Aid and Attendance pension, should call Jim at (781) 279-2664 to schedule an appointment. No drop-ins.

SHINE COUNSELING

Confidential counseling available at the Center on Tuesdays and Wednesdays 11AM-2PM. Get help with such topics as Medicare, Medicaid, and prescription drug coverage. Call (781) 438-1157 to schedule an appointment.

WALKERS, COMMODOES, CANES, OH MY!

Are you or a loved one in need of a little extra mobility assistance? We've got what you need! Stop by the Stoneham Senior Center to check out our large inventory of FREE gently used walkers, commodes, canes and other assistive devices. Call 781-438-1157 for further inquiries

COMMUNITY DINNER

The First Congregational Church in Stoneham serves dinner every Tuesday evening at 5:45 pm. You can help cook, serve, or clean up! For more information, please call 781-438-0097. Pass it on!

TRIPS & TIPS

DURGAN TRAVEL: Memphis & Nashville 6 days/5 nights 9/27-10/2 2019 This trip highlights the Grand Old Opry, Loretta Lynn Museum, Beale Street, Sun Studio, Graceland and more!

THREE REDNECK TENORS at Danversport Yacht Club – *June 18* A new breed in the "tenor genre" – their musical comedy featuring classically trained veteran artist is like Duck Dynasty goes to Carnegie Hall – down home laughs with big city music!! Transportation and lunch incld Cost:\$92 (Best of Times)

DIAMOND'S AND PEARLS/CASH & KINGS Tribute at Lake Pearl –*August 27* Jose and Patti will provide a Neil Diamond Tribute with some Janis Joplin, Carole King, and Johnny Cash mixed in. This multi-faceted show is thoroughly entertaining. Cost: \$92 Transportation and lunch included (Please make checks payable to Best of Times)

TRIPS & TIPS *Continued*

MAGIC WINGS BUTTERFLY GARDENS/YANKEE CANDLE *July 25* Fox tours invites you to enjoy a delightful day at the Magic Wings Butterfly Conservatory in Deerfield MA, with over 2000 butterflies enclosed in a tropical paradise. \$72 per person includes transportation, lunch, Butterfly Conservatory, Yankee Candle visit. Please pick up flyer at front desk!

COMMUNITY

The First Congregational Church in Stoneham/God's Helping Hand Food Pantry is a non-profit, volunteer organization with a mission to provide supplemental food supplies to Stoneham residents who need a helping hand.

If you are a Stoneham resident and are in need of food, you can receive assistance from the FCCS/God's Helping Hand Food Pantry, regardless of your religious affiliation, if any. The Food Pantry stocks non-perishable foods, some household supplies and toiletries, and a limited supply of frozen and refrigerated items such as cheese, eggs, and frozen meats.

You may visit the pantry once a month, by appointment, to select groceries you know will be used by your household. (Don't forget to bring your reusable shopping bags!) The pantry is open each Tuesday, and you can schedule your monthly appointment by calling the church office at 781-438-0097 between 8:30—2:30 Monday through Friday.

When visiting the pantry for the first time, you must provide a photo ID and proof of your residency in Stoneham. A recent bill or lease agreement with your name and Stoneham address displayed will be sufficient.

The Food Pantry is located on the lower level of the First Congregational Church. The entrance door is on the Church Street side of the building (across from the Stoneham Common), at the front of the church, down a short flight of stairs. If there is inclement weather and the Stoneham Public Schools are closed, the Food Pantry will also close.

Always ready to receive donations of food items, here is a list of the most requested.

Jams and Jellies (including sugar free)
Decaf coffee (drip and instant)
Pancake syrup
Hamburger Helper
Juice boxes
Ketchup
Mayonnaise
Vegetable Oil
Laundry Detergent
Foil and Plastic wrap
Canned Mandarin Oranges
Hearty Soups (clam chowder, beef stew, Italian wedding)

FITNESS

WEEKLY CLASSES

*****Note Tuesday Jacki Sorensen classes will be moving to Town Hall beginning June 11*****

Get moving, get fit, & get healthy with the variety of exercise programs we have at the Center. All classes are \$2 per class, with the exception of Advanced Tai Chi, payable to the Senior Center upon arrival to classes. Each class has a max size of 25 participants on a first come, first serve basis. Participants must be 60 years old or older and ALL classes are open for men and women.

Monday

- * Jacki Sorenson Aerobics; 8:30AM-9:30AM
- * Zumba 9:45-10:45AM
- * Balance & Coordination with Nancy; 11-12:00 PM* new d/t

Tuesday

- * Jacki Sorenson Aerobics, 9-10AM, Town Hall (June 11 forward)

Wednesday

- * Jacki Sorenson Aerobics, 8:30AM-9:30AM
- * Walking Club, 8:30AM, approximately 1 mile. Newcomers get a T-shirt and pedometer. Breakfast to follow sponsored by Stoneham ME Federal Credit Union.
- * Zumba, 11AM
- * Seated Zumba 11:45 \$2.00
- * Advanced Tai Chi - 2:15PM, drop in \$5

Thursday

- * Jacki Sorenson Aerobics, 8:30AM-9:30AM
- * Line Dancing, 10AM-11AM
- * Flexibility & Strength with Nancy, 12PM-1PM
- * Chair Yoga, 1:15PM

Friday

- * Jacki Sorensen Aerobics, 8:30-9:30AM
- * Gentle Yoga with Leila, 9:45-10:45A
- * Take a seat chair yoga 12:45P



THANK YOU TO OUR FITNESS CLASS SPONSORS



TRANSPORTATION

SENIOR CENTER VAN

To and From the Center

If you need a ride to the Center, call (781) 438-1157. The comfortable 13-passenger van is available to transport you to and from the Senior Center on Mon, Wed, Thurs and Fri from 8:30AM until 3PM and Tues from 8:30-11AM. **This is a curb-to-curb service. Drivers are not able to assist passengers with physical limitations. Transportation is available to seniors (60 and over) who live independently in the community. Please remember your reusable bags!**

-Cheap Eats - Tuesdays 11:30AM-3PM \$3 plus cost of your lunch. Call (781) 438-1157.

-Grocery Shopping - Pickup between 8:45-9:15AM (3 Bag Limit), \$3, Mondays and Fridays Stop & Shop in Stoneham and Market Basket in Reading

-Main Street Quick Stops - Wednesdays 9-11AM; \$3 Starts at CVS in Redstone and runs continuously to the Library and back. Call the day before for home pick-up before 9AM.

-Shopping Trip to Walmart - Fri 6/21 (third Friday), 1-3PM; \$3



ADDITIONAL TRANSPORTATION SERVICES

Medical Appointments

Transportation is available to medical appointments between 9:00 am-3 pm upon availability of a volunteer driver or the new medical van. Services can be provided only between these hours.

Please note: five working day advance notice is required. Call (781) 438-1157 to schedule.

Medication Disposal

Mondays from 10AM-Noon
The senior van will bring you to and from the police station to dispose of your unused and expired medications and prescriptions. Call (781) 438-1157 to sign up.

MBTA "The Ride" - Call (617) 337-2727.

Charlie Card

For those who need to renew or obtain a "Charlie Card", call the MBTA T-pass program at 1-888-844-0355

MVES Trip Metro North Program

If you're 60+ or an adult living with a disability, don't drive, and public transportation isn't an option, you can still get to appointments, visit friends, dine out, and have a life with TRIP. This free program gives you money to reimburse friends, neighbors, and in some cases, certain relatives, for taking you where you want to go. Call (781) 388-4819 to learn more.



Thanks to all the lovely ladies who turned out in high fashion for our annual Mother's Day High Tea!

If you have a collection of your work you'd like to display on our art wall, we'd love to see it! Please see Sandy Kirby for more details!



<p>Senior Center/Council on Aging <u>Board of Directors</u> Kathleen Hudson, Chair Maureen Buckley Jane DiGangi Tom Flynn Bill Kelly Traci Mello Connie Rosa Walt Wolonsavich Mary Zatta Marge Neylon, Corresponding Secretary</p>	<p><u>Staff:</u> Maureen Canova, Director Sandy Kirby, Administrative Asst Carol Johnston, Administrative Asst Mary Zatta, Outreach Coordinator Gary Cooper, Van Driver John Madracchia, Van Driver Doug Grace, Custodian Peter Barnaby, Custodian Ann Frost, Receptionist Kathy Payne, Receptionist Virginia Powers Receptionist</p>	<p>136 Elm Street Stoneham, MA 02180 781-438-1157 781-438-1161 Stonehamseniorcenter.org Open Mon-Fri 8:40-4:00 pm Lunch daily at noon</p>	<p>The Senior Center Friends of Stoneham is a nonprofit corporation formed in 2010 for the purpose of funding education, social services and programs offered at the Senior Center. Funds are raised from individual donations, the weekly Bargain Barn, annual appeals, drawings, and the penny jar, along with special events. Programs supported by the Friends are indicated with the handshake logo.</p>
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